



Tots to Teens

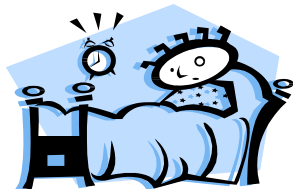
From the Youth Services Counselor ~

First Day of School Affects Parents, Too

For me, it's the alarm clock on that first-day-of-school morning. It seems so early, so new and exciting, *and so final*. It's an alarm that signals a commitment. Bus schedules, paperwork, homework, open houses, lunches, conferences, permission slips, after school activities and projects - for nine months. The cute office supply commercials capture the upside: Get your pens, notebooks, backpacks and calculators! No wonder they are so happy. Just buy the product, and the store is done. But for parents, it has only just begun.

Many parents relish the routine, the order and the new experiences for their

children. That is good. Most of us, I believe, enjoy the many positive aspects of school. But as a parent of three and a family therapist, I understand that schooldays can hold more than a little anxiety and stress for the best of parents.



A parent's style, past school experience and personal resources greatly affect both their experience as a parent and their child's school experience.

Was the parent's school experience a happy one?

Do the parents' work and personal schedules accommodate the demands of a busy school year? Is the family working together to allow room for personal strengths and weaknesses?

Yes, that alarm clock is ringing. In my home, I hope that lunch is already planned. Perhaps a happy child, laid-out clothing or a prompt bus will make the difference in yours. Take the time to examine what will make the school year commitment work for you. If you find your anxiety, stress or struggles dampen this experience for you or your child, please don't hesitate to call the Youth Service Bureau. We're here to help.

Town of Granby Youth Service Bureau

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Granby YSB's New Middle School Office

In addition to current services provided at the Granby Senior Center/ Youth Services Building, this year, Granby Youth Service Bureau (YSB) will staff an office at the Granby Memorial Middle School. Middle School stu-

dents and teachers will have ready access to YSB's mental/emotional/ behavioral health assistance right at school.

YSB staff will provide individual counseling, crisis intervention, support groups and consultation.

Any parent who would like to request in-school assistance for their 7th or 8th grader may call the Middle School/Youth Services office number or Granby Youth Service Bureau at 844-5355.

For the Pre-School Crowd...

BABY YOU, BABY

Have you ever wondered if you are the only one that gets frustrated at your baby when she cries for the entire afternoon? Do you cry yourself when your little one has kept you up for three hours during the night and no one else is around to comfort you? Or do you want to share with someone else the joy of seeing his first smile? Join us in this new group and find other moms who feel exactly like you do. For all of you moms out there with babies ages birth to 18 months, Granby Youth Services is excited to offer a place to come together with

other moms who "get it". On Wednesdays from 10-11am, beginning on October 5th, this group will be a place to share your joys and concerns, get out of the house with your little one (yes, bring them along!) and learn some "tricks of the parenting trade" at the same time. This friendly group is led by YSB's trained family therapists and will be all about



you, Mom.

MUSIC & MOVEMENT FOR PRESCHOOLERS

Beginning in January, this new program focuses on the pre-school age crowd.

This exciting new program is sponsored by the Granby Educational Fund and is designed specifically for the pre-school age child. For more information and registration, call Youth Services

at 844-5355 or email

ihelander@granby-ct.gov.

Elementary Events...

Along with the highly successful BE THERE program, GYSB is pleased to present two elementary programs this fall— THE RUBBERBAND GANG and the MICHAEL LAMB PERFORMING ARTS PROGRAM. The Performing arts program is for children ages K-8 (children will be grouped together according to age) and will meet once a week for six weeks. The program in-

cludes fun theater games, imagination work, concentration exercises, voice and speech, improvisational exercises, acting terminology as well as stage skills. Whether your child is a beginner or a pro, this program is appropriate for all. Look for our flyer in your child's backpack! THE RUBBERBAND GANG is tailored for children whose families are experiencing transition,

divorce or separation. Children will be a part of a group in which they may receive guidance, support and strength from leaders and each other. If your child is experiencing difficult transition, this resilient group of kids may be a great resource and source of support. For more details on any of these programs, please call our office.

Middle School Stuff...

YWOW! Young Women on the Way... This program meets at the middle school and is a mini version of our WOW! program. YWOW is about middle school girls—what's on their minds, their interests, what makes life fun for them. Meeting during extended period weekly beginning in the fall.



Computer Buddies... where middle schoolers are the experts. Youth are paired with older adults who wish to learn to better use their computer and internet. Transportation to the Senior/Youth Center and snacks provided. **Meets 4 Mondays starting Oct. 3rd and periodically through the year.** Call for more...

High School Happenings

Women on the Way...WOW! is an exciting weekly program designed specifically to inspire, challenge, and empower young women in grades 9-12. Meeting Thursdays, beginning September 29. Parents informational meeting, Granby Youth Service Bureau Thursday, Sept. 22nd

The Band Project...GYSB invites you to join us in launching The Band Project. The Band Project aims to bring together youth with musical talents to jam together, find and inspire new talent, spin off new bands, perform, and be seen. There is a lot of great young talent

and many styles of music in Granby and almost nowhere to play. The Band Project will be led by YOU. We will help you just as much as we can. You don't have to be a "professional" and a variety of music styles are a plus. Join in this exciting new group and bring music to the masses in Granby.

Youth Action Council...This group is composed of students from grades 8 through 12 and is focused on promoting youth awareness and community service. Meeting monthly, this dynamic group strives to make a positive impact on the

community of Granby through service activities and group collaborations.

Y.E.S. Youth Employment Service...This referral service connects youth who would like to work on a part-time (or one time only) basis with adults in the community who are looking for help. Register now for those great part-time jobs! Call 844-5355



Upcoming Speakers...

Granby Youth Services is proud to present Nancy Samalin, M.S.

Mark your calendars for TWO exciting opportunities!

On **WEDNESDAY, November 9, 2005 from 7-9 p.m.**, Nancy Samalin, M.S., will be at Granby Youth Services.

Nancy is an internationally known parent educator, best-selling author, keynote speaker and workshop leader. Her presentation, Loving Without Spoiling: Why It's OK To Be Unpopular With Your Kids, is geared towards parents of toddlers through teens and will address:

The Family Mediator— Oct 19 & 26

Robert Terhune Stewart is coming to Granby to present an educational workshop to help divorced or divorcing spouses to co-parent more effectively. Included in this must-experience program is: how to tell your children about divorce, how to separate the roles of parent and (ex) spouse, how competitive parenting hurts children. In addition, Mr. Stewart will teach you how you can be a supportive parent, even if the other parent is uncooperative, and how to be/work with a stepparent. At the Granby YSB, Oct. 19 & 26, 7-9 pm. Call to reserve your spot today! 844-5355

setting limits without feeling guilty, dealing effectively with anger—yours and theirs—finding ways to decrease manipulation by your children, learning alternatives to threatening and bribing. We are very excited to be able to offer this one-of-a-kind opportunity. Advance reservation is required (seating is limited). Please contact Ingrid Helander to sign up: (860) 844-5355 or ihelander@granby-ct.gov.

On Thursday, November 10 from 8:00-10:00 a.m., Nancy will offer a parenting workshop at Granby Youth Services. Her workshop will teach effective skills for handling the daily challenges of adolescent behavior. Practice techniques to help you to respond, not react on automatic when your kids: tune you out, resist your rules, accuse you of being unfair, question your judgment or sanity, claim you don't trust them, or accuse you of ruining their life. Parents will be helped to: be authoritative—not authoritarian or permissive; set clear rules about safety and responsibility; be willing to be unpopular and under-appreciated; avoid over-reacting to teenagers' moodiness, disdain or verbal put-downs.

Where to find us...

Please look for this newsletter as well as future newsletters from GYSB online. We can be found at the web address of www.granby-ct.gov by clicking on the Youth Services tab. Our building is located behind the town hall and library buildings in the same

building as the Senior Center. You may also contact us via phone at 844-5355. If we are unavailable, please feel free to leave us a confidential message.

Town of Granby Youth Service Bureau

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The Granby Youth Service Bureau provides support and assistance to youth (birth to 18) and their families. Call 844-5355 to inquire about individual or family therapy or parenting assistance. Children and families may seek services on their own or through consultation with schools, the Juvenile Review Board or other agencies. Services are professional and confidential.

The Granby YSB also offers:

- social and leadership clubs for youth
- support and educational groups for youth and parents
- presentations and workshops to assist families
- clinical assistance (including in-school therapy) to schools
- Youth Employment Service
- Behavioral health referral assistance

What is a Youth Service Bureau? (YSB)

Mandated by Connecticut General Statute section 10-19m, a **Youth Service Bureau (YSB)** is an agency operated directly by a municipality and is designed for planning, evaluation, coordination, and implementation of a network of resources and opportunities for children, youth, and their families. In addition, YSBs are responsible to provide services and programs for all youth to develop positively and to function as responsible members of their communities.

- The first youth service bureaus were established in the late 1960s to address growing concerns related to juvenile justice, family crisis, school truancy, and substance abuse.
- In the early 1970s the state of Connecticut awarded federal Law En-

forcement Assistance Administration funds to 40 towns to support local youth service bureaus.

- In 1972 the Connecticut Youth Services Association was founded to unify the local youth service bureaus, thus providing a voice for youth services at the state level.
- In 1978, to compensate for the loss of federal aid, the Connecticut General Assembly adopted legislation creating a grant program to support local youth service bureaus.
- The 1978 legislation also set parameters for the establishment and operation of youth service bureaus, and assigned the Department of Children and Youth Services (now Department of Children and Families) to provide oversight.



YSBs — For all youth to develop positively and to function as responsible members of their communities.

- In 1995 the management and administration of youth service bureaus was shifted to the Connecticut State Department of Education.
- In 2005 Greenwich became the 100th Connecticut town to establish a youth service bureau.
- Youth service bureaus serve 165 Connecticut communities. Local governments and private sources support the work of youth service bureaus by providing close to \$7 for every \$1 provided through the state YSB funding.